

- Stop Smoking because cigarette smoke contains lead
- Children should eat a diet high in Calcium, Iron , Vitamin C and low in fats
- Wash your child's hands frequently especially at meal times, after using the bathroom, before naps and at bed time

This brochure's content was adapted from: http://www.mde.state.md.us/programs/Land/ LeadPoisoningPrevention/Pages/Programs/ LandPrograms/LeadCoordination/index.aspx By Miriam Dobson, RN The Fred NO Lead character was developed by Lynne Phillips, RN

For more information about Lead Poisoning Prevention, contact:

THE MARYLAND

at **(410) 537-3000.** 

DEPARTMENT OF THE ENVIRONMENT

Brought to you by: Frederick County Health Department
DIVISION OF COMMUNITY HEALTH **SERVICES** 

**LEAD POISON PREVENTION** 

**PROGRAM** 301-600-3326



The Frederick County Health Department provides services to all citizens of Frederick County regardless of gender, race, color, creed, physical ability, religion, national origin or any other socially constructed

difference. Department of Health and Mental Hygiene 1-877-463-3464 10/18/12

FREDERICK COUNTY **HEALTH DEPARTMENT** CHILDHOOD LEAD POISONING PREVENTION AND TESTING INFORMATION

Brought to you by the **Maternal Child Health** LEAD POISON PREVENTION PROGRAM 301-600-3326 WWW.FrederickCountyMD.gov/ Health/MCH/Lead

## Let us work together

### Who can get lead poisoning?

- Mostly, children from birth to 6 years of age.
- Anyone who eats, drinks, or breathes something which has too much lead.

#### Did You Know?

- Lead tends to build up in the body over time.
- Pregnant women should also know, that lead carried in her blood can effect her unborn baby.

## **How does lead affect health?**A child with a high lead level may

- seem well.

  Lead can affect the brain, causing
- learning disabilities and behavior problems.Lead may affect the blood, kidneys,
- and other parts of the body.
  Some children have stomach aches, loss of appetite, or loss of interest in
- play. Some children may also become overly active or fussy and irritable.



level"

"ZERO is the

**ONLY safe Lead** 

#### What causes lead poisoning?

Lead-based house paint was used in most homes before 1950. and was still used in some house paints until 1978. Paint on your window frames and on porches can present a risk for children.

to make Lead Poisoning

Small children put things in their mouths. They chew on window sills, they eat paint chips, and they suck on their hands.

Lead from crumbling paint gets

- into household dust, and anything that gets dusty (like toys, pets, and fingers) can then become a source of lead poisoning.

  Older furniture (cribs, play pens,
- chairs, etc.) and painted toys may have lead paint.

  Old or imported ceramic dishes
- may be decorated with lead glazes. Food that comes in contact with a lead glaze will pick up some of the lead.
  Many children will eat almost anything. Dirt, including soil from flower pots, plaster, ashes, and
- charcoal. **All may have lead**. **Caution:** Only trained workers may remove or work with lead paint.

  Everyone else, including pets, must

is complete and the area is carefully cleaned. Dust and fumes from lead paint removal can be dangerous.

keep out of the work area until the job

#### Testing for Lead Poisoning

a thing of the Past!

- A blood lead test can help find out if someone has taken in too much lead before there are any signs of illness.
- there are any signs of illness
  All children between 6 months and 6 years
- of age should be checked for lead.
   If a test for lead is high, more tests and a doctor's exam will be necessary. Be sure to follow directions carefully. You can help limit the effects of lead poisoning by getting good medical care for your child and by keeping things which have lead away from your child.

FREDERICK COUNTY ZIP CODES AT RISK FOR LEAD

Blood testing for lead at 12 and 24 months of

age is recommended for all children.

# POISONING are: 20842 21716 21757 21776 21787 21701 21718 21758 21778 21791

21703 21719 21762 21780 21798 21704 21727 21769 21783 Where can my child be tested for Lead?

## Lead testing is no longer performed at the Frederick County Health Department.

Please contact your child's health care provider to address your concerns about

lead.

- If you do not have health insurance and you need help in accessing a provider, you may call the
- Frederick County Health Department 301-600-3326